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21. The fuse structure in claim 1, wherein said fuse element is surrounded by air.
22. The fuse structure in claim 8, wherein said fuse element is surrounded by air.
23. The fuse structure in claim 1, wherein said electrodes and said fuse element form a U-shaped structure.
24. The fuse structure in claim 8, wherein said electrodes and said fuse element form a U-shaped structure.
25. An integrated circuit structure comprising:
  - a wiring layer having wiring elements;
  - an insulator layer covering said wiring layer;
  - electrodes extending completely through said insulator layer and being connected to said wiring elements; and
  - a fuse element connected to said electrodes,wherein said insulator layer forms an external surface of said integrated circuit structure and said electrodes extend beyond said external surface, and  
wherein said fuse element is connected only to said electrodes and is maintained external to said integrated circuit structure by said electrodes.
26. The integrated circuit structure in claim 25, wherein said electrodes and said fuse element form a U-shaped structure.
27. The integrated circuit structure in claim 25, wherein said electrodes electrically connected said wiring elements to said fuse element.

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28. The integrated circuit structure in claim 25, wherein said fuse completes a circuit comprising said wiring elements, said electrodes, and said fuse element.

29. The integrated circuit structure in claim 25, wherein said wiring elements are internal to said integrated circuit structure and are separated from an external portion of said integrated circuit structure by said insulator layer.

30. The integrated circuit structure in claim 25, wherein said fuse element is plated.